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*The best method
for
raising children*

by

Geraldine B. Foster

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In loving memory of my mother



Price \$1⁵⁰

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OCT -2 '24
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PREFACE

The inspiration, of which this book is the result, arose from the author's observation of many mothers, who having started their career under the usual happy auspices, busy with cares and responsibilities, filled with joy and expectation, find themselves in later life neglected, their early maternal hopes shattered, their children but a source of regret.

The author's purpose, in presenting this subject, is to prevent mothers from following their habitual erroneous way, in the raising of their children, and alleviate their suffering in late years.

If this work, by its suggestions, accomplishes such results, we feel it justifies its existence.

NECESSITY TO STUDY CHILD'S EDUCATION

The problem of raising and educating children has always been a hard and complicated one. Many philosophers, professors and sociologists have tried to facilitate it by writing extensive treatises on this subject, but they have failed to give any assistance to the average mother, because she will not give the time to study, consequently, she remains in total ignorance of the combined research work which has been done for improving the education of children.

While training is given to the artist, the professional man, and the artisan, in order that they may properly learn their respective work, mothers receive no special training to fulfill successfully

their most sacred duty: that of raising a family; and to accomplish this task, they are compelled to rely on their own natural resources, which in many cases have proved to be deficient.

Having observed for many years this deplorable deficiency, I finally decided to do my share in helping to remedy it, and set out to write these precepts. In them you will not find elaborate phrases or elegant language, but truth spoken plainly and directly. At times I may seem to be harsh on mothers, but they will soon forgive me when they find out that my sole aim is to throw more light in their path.

The methods which women use in raising the future generation are many. One is that of taking advice from their own mothers or from old friends. They follow the directions received to a certain extent, until they become handicapped by difficulties that arise to complicate their problems.

Another method is that of assuming the role of "know-it-all." No one is going to dictate to them what to do with their children. They believe themselves capable of mastering the situation. These mothers often follow extreme measures. They are indulgent or severe at the wrong time, ending with the ruination of their children.

There are other women who have no friends to give them advice. These poor unfortunates depend upon the indulgence of God, and when God cannot be in touch with them to suggest, for instance, giving the baby fresh air, they curse God because he permitted their child to die while he

let the children of the rich live. When I told one of these women that it was not God who allowed her child to die, but that she herself caused its death by keeping the windows of her apartment closed during the winter months, never allowing a breath of air to enter, and by not taking her baby out of doors, she stared at me with her mouth wide open. She had no answer to make. But I hope by this time she has already realized that her first-born died through her own ignorance.

So the story goes.

I hardly think that two per centum of mothers take pains in instructing themselves as to how to raise and educate their children. They think God has endowed them with the knowledge of this particular art, for, are they not mothers? They ought to know what is best for their own offspring! They rely solely upon maternal instinct.

They kiss and fondle their babies and they abandon themselves to dreams. If they are boys, they will grow up to be famous lawyers, doctors, or musicians; if they are girls, they expect them to be so pretty and graceful that they will be married to millionaires to live happily for ever after, and God, of course, is made a partner in their projects. They add to every utterance: "With the will of God," but they ignore or forget that God has established some precepts in bringing up children.

CONCERNING BABIES—There are organizations which furnish mothers with a complete line of literature concerning the care of babies. I

shall avoid, therefore, giving much instruction about babies, because they require but little training. I desire only to emphasize what one must do in order to keep a baby healthy.

In the first place, fresh air is very necessary to an infant. He must be taken out of doors at least once a day, and he also should be allowed to stay or to sleep in the open air during the summer months.

Sleep is the next key to the welfare of the baby, the more a baby sleeps, the healthier he grows; and here I state that babies should be put to sleep a few times during the day, and must go to bed not later than six o'clock.

Milk, whether it be the mother's, or from the cow, should be administered at scheduled time. After several months, light cereals may be added to the diet.

There are certain things that mothers should not do:

1—Avoid exposing the baby to cold air; have his body well wrapped up in warm clothing.

2—Avoid subjecting your baby to excitement, such as playing with him to amuse yourself or the family.

3—Give your baby plenty of sleep, for sleep makes him grow, while excitement gives him a nervous and restless disposition.

4—Do not be alarmed by a baby's cry. Find out if his cry is caused by pain or by temper. If by pain, minister to him by following the instructions given in the literature received. If his cry-

ing is caused by temper, let him cry, in that manner he exercises his lungs. Do not forget that babies soon learn that by crying they obtain the things they want.

5—Furthermore, do not make the mistake of encouraging him to walk too early, as by so doing the natural growth of his legs may be impaired. Mothers often do this prompted by a petty ambition, and in many cases are rewarded by a “bow-legged” child.

WHEN BABY BECOMES A CHILD

Mothers and fathers should try to perfect their behavior when their baby is about three years old. They must be conscious that everything they say and do is heard and learned by a constant witness. They must avoid careless chatting, arguing or quarreling among themselves, gossiping and ridiculing others; they must refrain from showing temper in any form. And here comes to my mind scores of mothers belonging to all types and ages, mothers I have seen and observed, whose ways of dealing with children could really be called criminal.

I hear someone say: “Why do you speak only of mothers, how about fathers—are they not also responsible for the education of their children?” Yes, both are responsible, and upon both will fall the penalty for having neglected their most sacred duty. The reason why I address mothers, is because they, as a rule, have the responsibility to attend their children while fathers are at work.

I often wonder if the parents of a child ever stop to think of the many boys and girls, who for

various reasons are far from enjoying the benefits of life. Do they think of those in prison, of the dope-fiends, of the vagabonds, and of the many youths who are deprived of a sane and free life? If we would take pains to trace back the origin of their misfortunes, we would find most of them to be a poor and defective education. Admitting that some of these wrecks had good fathers and good mothers, we can verify the fact that those good parents were entirely ignorant of the science of educating children, and that to accomplish this duty they proceeded blindly.

Some mothers believe that because a child is unruly and plays with forbidden things, they are duty bound to punish him in order to make him behave. Parents should realize that scolding, beating, shaking a child does not improve his condition. From the very beginning, from the time the child is very young, the mother must give him her attention by talking to him and explaining to him kindly the reason why he must not do certain things. By doing that she gradually develops his reason and his intelligence, and while one may think she is wasting her words, one will be surprised to find out in the future that her talk unconsciously impressed him.

Children as a rule do not realize they are being naughty. If a child of three years would take your work basket, upset your knitting, pull out the needles, rip your work, entangle the thread, you would surely meet him with a frown, and say: "Why Charlie, what are you doing?" You would shake him, slap his little hands, you would call him "a bad boy!" and thus you would deal

with him for every little act of mischief. You must realize that even a child of five who upsets and destroys your things has no real conception of what he is doing. To his imagination things appear in a different light than to a grown-up. He mischievously destroys your articles because he wants to do great things with them. In his own mind he does not mean to destroy, but he intends to build. The only course, therefore, for you to follow is to talk to him gently, explain to him that he has caused his mother pain by his latest action, suggest to him other means by which he can work and play, thus exercising his faculty of building.

But, here you cry: "I do that. I give him his blocks and his railway, and I ask him to play with them, but he would rather carry the pail filled with coal, and finishes by spilling it all over the floor, smearing his hands and clothes into the bargain. He goes to his father's tool box, gets out the heavy tools, and while so doing hurts himself badly, and ends in tears."

That is easily explained. He sees you using the pail of coal and wants to get hold of it; he sees his father use his tools and wants to do likewise. He does not care to play with his lonesome blocks and his railway, because father and mother do not use them. But, if you would occasionally play with him yourself, and show an interest in his playthings, you would succeed in interesting him. Little by little, patiently teach him the things you want him to do, and warn him against the others you do not want him to do. By work-

ing steadily along these lines you will find out that your child, in his play, will no longer be destructive.

THINGS MOTHERS SHOULD AVOID

I will outline now a few things which parents must refrain from doing. We often hear of girls who run away from home and end badly; of boys who, even in their teens, become criminals. These boys and girls were once babies and their mothers were proud of them. They tried to bring them up properly; they did what they thought was right for them, but they did not succeed. Why? One cause of utter failure in the home education is due to the manifestation of temper. Temper is poisonous to the harmony of the family; its evils are many and they are deadly as the sting of the viper.

Some people are subject to temper only once in a while. That is plausible—no one could possibly be in a temper all the time, but even “once in a while” is enough to impress young children with its marks, that it will injure them for years to come. Not long ago I heard an ignorant young woman, who, I suppose, must have become a mother against her will, address on the street her four-year-old boy, thus: “You damn fool! Come here!” Her voice was by no means sweet, but angry and shrill. She ran after him with the gait of a tigress. She shook him, and well, I did not even turn to see what else she did. I was so shocked and angered that I had to move on quickly. On another street, two days after, I noticed a young woman walking with an older

one, and, four feet behind followed a girl of eight. They were unusually well dressed, and while I was looking at their stylish clothes, I heard the young woman shout excitedly to the girl: "You little fool!" and grabbing the child she vehemently beat her. The child was lagging behind—that was her crime.

I hate to state the evil consequences of thus treating children. And yet, how great is the number of mothers who use such rash and mad methods! "Ralph, stop that!" cries his angry mother, slapping his little hands. "Do you hear? I don't want you to do that!" and shaking him, she confronts him with her angry frown, or giving him a good spanking, leaves him to cry. It never occurs to this mother to use entirely different language and methods other than her own. And yet she must have been familiar with the old adage "That which ye sow, the same shall ye reap."

I recall a girl of ten, who, after her mother had whipped her, tearfully exclaimed: "Mother, when I am a big girl and you are an old woman, I am going to beat you as you did me today." The mother was scandalized. She said: "Stop, don't talk that way to your mother." But, nevertheless, she had learned her lesson, and has never spanked her child since then.

Temper generates temper, which is the worst curse of the human race. The children that you want to be obedient and repressed through beating and scolding, will probably keep quiet while they are children; but, when they become older,

they will show their temper to you. And so you will be happy when they are married and gone away from your own home, to start another home with the same endowment as yours: children punished, scolded, beaten and dealt with temper.

Make a promise to yourself when you have a child, that, notwithstanding provocation, you will banish angry tones and threats, abhor beating, use patience and persuasion, because a child cannot see things through your eyes.

Blessed the family that has succeeded in forsaking temper and that lives a peaceful, serene and harmonious life; its children will grow in the habit of considering with calm the vicissitudes of life, and will therefore be able to avoid its usual mishaps.

THE FRUIT OF PATIENCE AND GENTLENESS

“Does a woman ever get returns for the sacrifices she makes for her children?” we hear someone ask once in a while. “Yes, she does,” I would answer, “if she follows strictly the right rules of education.”

Every mother wishes to make the most of her children, she wants them to grow uprighteous, industrious, and good strong citizens. To obtain this, she must begin to let them work from the time they are small, she must avoid their playing in the street with other children, all the time. She must avoid letting them have all the toys and playthings they desire.

We know that the best citizens and most successful business men sprang from three sources:

from the farm, from the workshop, and from poor immigrant families, having had, therefore, not a childhood of play, but of work.

When we are adults we tend to follow the paths of our younger days: if we worked then, we will always look for work and delight in it. If we have played and played, we want a life of idleness. Women who have had a childhood of play are preparing themselves for future disappointment. If they marry and do their own work, they do it unwillingly, they will reproach their husbands for not making enough money to enable them to keep a servant, they envy others, and they live a life of wretched discontent.

As for men, men who have played and played as children, who have had nothing but a good time, will not grow into prosperous business men or distinguished professional men. The best they can do with themselves is to obtain a position of mediocrity and struggle through life with it, but achievement of success will be far from them.

Two boys in Chicago, sons of millionaires, having had everything money could buy, began to commit crimes in order to receive a thrill out of life.

But let us get down to fundamentals. After having explained that it is necessary to begin work during childhood in order to enjoy a successful and happy life, let us outline the work for both boys and girls. Let us begin with the girls.

TRAINING OF GIRLS

Mothers must train their daughters, even before they go to school, to do a little work around the house, such as dusting furniture, sweeping the kitchen, paring potatoes and apples, clearing the table after meals, help in washing and wiping the dishes, and many other little household duties. By the time a girl is ten years old, she should know how to mend stockings, how to crochet and how to do plain embroidering. By the time she is fourteen, she should know how to make aprons and simple little dresses.

The early teaching of needle work gives her an incentive to make pretty things around the house, as well as trains her for a business career.

She must be taught how to cook when she is very young, so that she can be helpful and able to cook by the time she is fifteen.

Now here, some mothers may interpose, "Ridiculous! how can you force a girl to sew when she has no inclination for it!" Another mother complains: "When I call my daughter into the kitchen and ask her to help me she quickly says: 'Now you know, mother, I can't cook and I don't like to do kitchen work!'"

This state of things can be attributed to the mother's faulty early training. Her child would not resist work had her faculties for labor been submitted to an early development. Of course, I said before that children must gradually be led to have an inclination for work; and if you have had your little girl in the kitchen every day to

help you from the time she was very small, she would naturally grow up with the knowledge of cooking by the time she was fifteen. If you had also asked your little girl to sit near you when you sew or darn stockings, teaching her by your example, she would have been asking you to let her help. A child, as a rule, will be eager to do all the things her mother does. If you encourage her in the habit of working, she will grow to be your best help, and learn to do all the things that you do, besides a great many that you do not. During school time, let your daughter play with other girls for an hour, the remainder of the day, interest her in work for the house. Study her occupations, vary and increase them as she grows older.

Do not tell me it is impossible for you to put your daughter to work, for I know very well, if you start her with small duties when she is a tiny bit of a thing, you will succeed. But, if you neglect your responsibility when she is small, by letting her play with children all the time, your duty will grow harder as she grows older, for it is almost impossible to take a girl who has formed the habit of playing all the time and place her suddenly to work with success. There will start, as a consequence, that struggle between mother and daughter—mother's demands for housework and daughter's refusals.

Your daughter will become malcontent. You will keep scolding and nagging her. She will escape your "tyranny" by running away with some man and marrying. What kind of a wife can she be? What kind of a home can she make?

What sort of children will she raise? Do you ever think of the consequences that will be brought about by your neglected duty?

Elbert Hubbard once said, "Give a man his work and he will be a blessed man."

We all need our work, women as well as men, in order to be happy, to forget ourselves, to forget our ailments.

And how to reason with girls who are already grown up and who use their tongues in debate with their mothers against doing their portion of labor?

The mothers, in their most reasoning tones, must tell them that a life without work and a life of the so-called "good time" is a life of misery, a life of boredom. That human nature, in order to be happy, must be busy in some work; that rich girls brought up in leisure, after having drunk its cup to the last drop, begin to get tired of a life without vital occupation. They find its futile amusement a monotonous routine. Some of them keep a smiling front, but we all know, and they also know, that their lives are empty cruel extravagances.

An untiring mother, by telling things on this order, to her daughter, and by relating many experiences that have happened to girls who followed the path of laziness, will find out that her own girl will settle down to work. Do not abuse your daughters with harsh language, nor coerce them to work by threats, but persuade them and show them all the time that what you are doing is for their own good—that you would also

like to have them go and play with other girls, but your duty dictates that you should take a different attitude. Be strict in the enforcement of your teaching. Do not forget that life is a long journey and that no one can tell what your children will have to go through. It is best to prepare them to meet the battle of existence.

I must admit that during our era of wealth, it is pretty hard for a mother to subject her daughter to work, and it is also hard for the daughter to submit to it.

The happiness of children has received a great deal of thought and consideration in recent years. "Let the children play, and let them have a good time," is the general cry of foolish mothers, and because the children of the rich are raised under these conditions, the poor try to imitate the rich. But an everlasting good time cannot be secured by such methods! Only those that have received a perfect and a conscientious training will be able to enjoy the gifts of life.

Girls in humble circumstances go to their mothers and break their hearts: "Why cannot I have the clothes that other girls have?" And mothers, instead of training their girls and making them realize their limited means, and explaining to them that their plain gingham dress is just as becoming and more appropriate to them under the circumstances than all the lace and finery of the daughters of the rich, attempt to imitate the more moneyed class. This causes needless suffering for mothers in the present—suffering for daughters in the future.

There need be no false pride about work, about poverty. In fact, some times it is quite the other

way. To illustrate: When I was a child it seemed to me that my playmates could rival me with their tongues in a most formidable manner. A child who wore patched clothes, said to me (who was quite innocent of any provocation): "The Virgin Mary had patched clothes, mine are patched also," and giving herself a dancing twist, she exclaimed, "Tra-la-la, I am a daughter of the Virgin Mary, you are not." At the time I thought her words most stinging, most uncalled for, but now, upon mature reflection, all I can see is the remarkable wisdom of the mother who taught her little girl to take pride in her patched clothes.

So I urge all mothers to train their daughters to meet all the situations of life, adverse, as well as fortunate.

A mother must not only look forward to the welfare of her children, she must also strive to develop them into good and strong citizens. It is an obligation that every woman owes to her country to give to it girls physically strong, with school and business education, with courageous spirit, who will be able to meet the various vicissitudes of life.

I do not think well of that mother, whose husband has made a little money in business, and who therefore takes her girl from her own home surroundings, sends her to an expensive school of physical culture to develop her muscles, as she says, when the same purpose might be just as easily and more practically accomplished by letting her stay home, and scrub the kitchen linoleum. She insists that her daughter has no tal-

ents for sewing or for any needle work, but she sends her to swimming pools, to tennis courts, to golf links, and finally at night, she permits her to waste her energies in dancing. I want to state that I do not denounce either games or dancing, but I insist they should be used as recreation, not as girls often take them, as steady occupation.

I believe that during the summer months girls have all sorts of opportunities to take up games and physical exercises. During the rest of the year they should do real work and play games occasionally on Saturdays and holidays.

The woman who simply because of money, allows her daughter to lead an easy life, does her a great harm. She throws her into the great crowds of idlers, the pampered and the "good-for-nothings." These mothers and these girls are calling down the punishment of God upon this country, for no country can ever flourish with half of her population working and the other half idling. There is an end to everything and there will be an end to this also.

I have not forgotten the story an American woman wrote in the Saturday Evening Post, how she married a Russian Prince, had a very happy life in Russia, since she and her husband were both popular with the Czar and with the American colony. She described the receptions attended, the military display, the teas and card parties given and received, in other words, the unceasing good time she had in that country. Then the crash came: The World War. She lost her husband, her title, her home, everything. She

ends her article thus: "When war was declared it put an end to all our joy and happiness; destroyed the society and the pleasures of a country filled with gayeties," etc., etc.

Yes, it had to end, because half the population was idling and enjoying themselves with futilities, while the other half was toiling and deprived not only of recreation, but of the very means of sustenance.

The United States, that only a few centuries ago was the home of the pioneer, of men and women who settled in the wild country, beginning the patient process of clearing and cultivating it, through untold hardships, is now-a-days harboring in its bosom thousands of girls who do not work. They have been brought up to enjoy the life of luxury and ease. They live by the work of others. They have others to wait on them. Some of these women marry men of small means. You hear one say: "I love him and that is why I marry him. I love him as no one ever loved." But, after a few years of her married life, although the man keeps constantly his devotion and affection for her, she cannot stand any longer the kind of home he offers her. Her early pampered life calls her. She seeks divorce, and after she obtains it, she directs her steps towards the lights of Broadway, the bacchanalian festivities with its diamonds, cocktails, cigarettes. This sort of life ages a woman quickly. When her good looks have deserted her, when she finds her health and her spirits broken, she often wonders: "Had I remained with my husband, had I been satisfied with the plain living he offered me, had I worked to

keep our home together, perhaps I would have developed into a better and a happier woman." She begins to realize that the cause of her trouble could be traced in the character of her education. She was taught nothing that could be helpful to herself and to others. If she had the proper training for some kind of work, she would find herself in a much better condition. She is now fifty, tired of everything and worn, she begins to look for an occupation. "If I had something to keep me busy, if I had something to occupy my mind!" she exclaims to her friends. But these utterances cause ridicule among the society in which she moves, for they know that she never touched a needle, or a typewriter, nor was she trained to dust a piece of furniture. She was raised to be perfectly ornamental.

I recommend to parents to keep in mind that this most wonderful country had its origin with the thrifty pioneers, and to be their worthy descendants we must follow out their principles and aspirations, to work, work, always work. Do not shower your children with a life of luxury and ease. Some day you will be dead, but your daughter may murmur in her distress: "It is father's fault. He thought I was too good to work."

TRAINING OF BOYS

The question of raising and educating a girl is not hard if the mother does not lean upon the weakness of our time—indulgence—but that of raising a boy, is a trifle harder.

As I have said for girls, I will also state for boys, they must be brought up to help their

mother in the household from the time they are four or five years old. At six a boy can do quite a few things.

Boys raised on the farm have this advantage over the city child—they have the brown earth to use as their playground, the wide land in which to work. A city is a difficult place in which to raise a youngster, especially apartments without a yard, a playground, or a park nearby. When people marry and expect to raise children, they should try and live in a house which has at least a small yard. There is a suburb near New York where children have no yards or park in which to play, and therefore, they are left on the streets all day. Mothers and their babies stand out-doors in groups of three or four, talking and gossiping while wheeling their baby carriages. Others sit in chairs or on benches, in front of the apartments, while their little ones are romping around.

This makes a despicable sight. It would be much better when there are children in your family and when it is within your means, to have a home with a yard, or some play-ground nearby, making it possible for the mother to keep the children within watching distance and enabling her to bring them up under her influence. If you have your own place you can keep the child close to you. You can talk to him and teach him the things you want him to know. Then when you go out, you can take him along. This method may prove to be more expedient than the other of letting him loose with his companions on the street where he learns despicable manners.

Remember the talk of a mother must be endearing. If you want to resort to scolding, or to raising your voice in admonishing your boy, do not forget that when he reaches his "teens" he will retaliate; he will also scold and raise his voice at you just as you did to him. "Ma, when do we get something to eat in this house?" "Ma, it's time I had a new pair of trousers! Why don't you cook something different for me?" He does not reason at all, he just demands whatever he desires. This is the result of having subjected him to obedience without explanation or understanding. Boys can make life pretty miserable for you mothers, if you neglect training them in time.

If you live on a farm, assign your boy some duties after school, such as gathering eggs, cutting the lawn, doing some carpentry; make him do all the things he is able to do, and as he grows older, allow less play and more work. Parents should not be afraid to let their children do this sort of work, for it is very beneficial to them in developing their bodies and minds. As the work is done out of doors, it is the best tonic one could give a child to stimulate his growth physically and mentally.

If he lives in a city or a town, send him, if possible, to the shop of a cabinet-maker. Then let him work in the house making a bench, repairing your old furniture, and if possible, let him make a cabinet of some sort. This kind of work is best for a boy. It is work that helps develop his instinct of building things and a work that will benefit him throughout life, because in doing

carpentry a boy cuts, measures, and saws, thus exercising his mentality as well as his muscle.

If he is inclined to lead a life of ease and to seek amusements, uproot and destroy these impulses. Give him work and more work and talk to him constantly, outlining the hidden dangers for boys who have followed these impelling forces. I leave it to you mothers to use the proper persuasion to induce your child to work. How do you ask your husband to take you to the theatre or to a party when he is tired and does not want to leave the house? Use your own judgment in selecting words that will influence your child to obedience. Remember this: "If a youth is not brought up to work before puberty, he probably will never be able to acquire the habit afterwards."

You can make a pal of your son. You can persuade him to work and do things for you in the home, leaving him a hundred percent of his manhood.

Here another question arises: "Shall a boy learn to cook?" I firmly believe you should teach your boys how to cook. Once a week, perhaps on Saturday, tie an apron around him and take him into the kitchen. You can teach him how to cook viands, as well as how to wash and wipe the dishes and clear the kitchen. This knowledge will be very valuable to him in his life. It will teach him to be self-reliant.

I have known rich men who have gone into the kitchen to cook a meal when they had no maid and their wives were indisposed; and even ordinary men will be confronted with the problem of

a sick wife and no one to cook. What shall they do? Starve? A man who has been properly trained will, in this event, be able to help himself and to serve others.

THE HARMONIOUS HOME

I have gone thus far, stating the duties for the mother to perform. As for the fathers, I have remained silent. Why? Because, as everyone knows, fathers go out to business, and the obligation to bring up children, under puberty, is left entirely to mothers. I have tried to instruct them to lay the foundation of a good education, while their children are very small, and I have up to now refrained from stating the portion of duties assigned to the father.

Parents should both be intensely interested in the problem of educating their little ones, and, if the father is freed from the tiring duties of attending his own child during the day, he has a more serious task to accomplish—that of making or help in making, his home life harmonious.

We all know that many widows (poor widows, not rich widows), have made a great success in raising their orphan sons. The reason for this is that they were not interfered with in their duty. Being poor they allowed the child to help them from the time he was small. This little work, together with the far-sighted vision of a working mother, raised the child's ambition and filled him with aspirations. "He would work when he grows up and earn money to help his mother."

Another cause of this child's success can be attributed to the fact that his mother had no

mate with whom to quarrel. In his home there was no cajoling, or coaxing. He was not taught to conceal things from his father, nor ever witness constant controversies and signs of temper. This is the reason why widows, although poor and alone, have succeeded more advantageously than the average woman who has had the help and support of a husband.

I can cite many cases of parents who have made a success of raising their children because they have lived harmoniously. And here many women will state that such harmony is not possible in cases where the husband has a mean disposition, so that no one can get along with him. Well, I am writing concerning the raising of children, not how to patch up difficulties between husband and wife. However, what I would like to say at this point is that after you have tried to settle your differences and quarrels in the dark of night, while your children are sleeping, try to show a smiling front before them. Do not give them the least inkling of their disagreements. You must always have fixed in your mind the idea that your home must be harmonious. And I recommend here to women of a quarrelsome nature, who always want to be the last in answering a dispute, to stop and consider right then, how would they like to see their child in prison. This thought should reduce the power of their tongue lashing into silence, for as the result of disputing and brawling, their child has surely all the possibilities in the world to go straight to perdition.

Many women have saved their children from a blighted life by being prudent and patient and by pretending to ignore their husband's faults.

Men, likewise, have restrained from managing with asperity their wives, being conscious that even though they needed the correction, the disturbance caused by their resistance would have brought evil consequences upon the life of their posterity.

I will cite here the story of a man, a saint, who endured his wife's faults in silence, all his life, in order to save his children.

He was a traveling salesman. She a school teacher. At the time he was courting he forgot to ask her: "Are you fond of company?" This little incident, which seems almost negligible, became a very important factor in their lives, as the girl had aspiration for the so-called "society" and these aspirations grew, as circumstances favored her. They had two boys. In the small Middle-west town where she lived she succeeded in picking up friends among "the best people," as she called them. She associated with those who were socially in a better position than herself and who had more money. She kept pace with them, which resulted in the spending of every penny her husband made. She kept a maid and a horse and carriage, and she had visitors staying with her in her house nearly all the time. Her husband did not like this attitude of hers and would often ask her if they could ever be alone in their home, but she was so able in the art of coaxing and cajoling that she succeeded in continuing to do as she pleased. This state of affairs went on for years and years, the husband rebuking her gently, she resisting him through her methods.

Some of my readers would suggest here: "He should have put his foot down." Yes, he should have, but he did not. Instead of expending his energy in struggling continually to correct her, he directed his attention to bring up his boys rightly. Among the good many examples of patience and goodness that he gave to them, was the one to be kind to their mother. Besides, he taught them to direct their daily actions in helping their mother and in making her life happy.

Was he aware that he would die young and would therefore leave his children to take care of her? I do not know. I can only tell you that every year, on his eldest son's birthday, he asked him to do something big for his mother, to plan a surprise for her.

This is contrary to the custom of our times, when parents shower gifts and amusements upon their beloved sons on the date of their birthday.

Did this man's action bring good fruit? Yes, he died in his fifties. He worked incessantly, stopping only when he died. He left no money or investments, as his contemporaries did. His wife had spent all his earnings. But he left her their two boys who developed into two fine, tender, affectionate sons.

After she had squandered whatever she had received in insurance, she allowed her older son, then twenty-four, to take upon himself the burden of supporting the family. He worked and travelled as his father did, and she kept busy entertaining her friends as she did before, spending on them all of her son's earnings. Now, you

would think that her two boys would scold her, or even argue with her in order to bring her down to common sense. They did not either. After the oldest boy was thirty-two, he married. The mother then gave up her apartment, leaving a debt of \$900.00, which the son had to pay. The younger son then took upon himself the responsibility of caring for her, and now, after ten years of this life, he is not married, but again she has had to give up another apartment, this time with a debt of \$400.00.

She went to visit her friend, who has a beautiful home and two servants, and one would think she would be satisfied there, but she is not. She yearns to have a home with her boy, for only there she will be able to do as she pleases.

You see, her children were brought up to make their mother happy, and now that they are grown up, they keep the same view in life. Rather than scold her, they cheer her up and do everything in the world to please her. The seed their father planted bore good fruit. Had he quarreled with her, he would not have changed her one bit, but would have made his sons the product of a quarrelsome home. By being patient and tolerant, it is true that he let her get away with all her frivolities, but he saved his sons for the benefit of his wife and for the benefit of society, for they are two of the best and most honorable Americans. They seldom comment about their mother's extravagances, when they do, they say very little. And she lives as contented and happy as a woman could ever be. I often wonder: Will she ever square her account with God.

So, fathers and mothers, do not tell me of each other's defects. I have related to you the best example I could think of, in order to illustrate that you can, if you want, ignore one another's faults, instead of wasting your life's energy in attempting to destroy them.

Remember, that both men and women can be but little changed after being married. They can change their taste for eating, for clothing and for amusement only after several years of married life, but that which is a born instinct in them, an instinct that instead of being eradicated by their parents during childhood, was allowed to exist, will follow them to the grave.

THE BROW-BEATEN CHILD

The brow-beaten child has a poor chance for success in his life; his chance is as poor as the much-indulged child. I shall speak of them both.

The brow-beaten child is the child that is made to obey by scolding, threats or beating. Some mothers think they inherited from God the right of commanding their children. Instead of training themselves on the correct system of how to deal with a child, they resort to the method of controlling him rigidly, of making him obey without explanation. The result is a brow-beaten child. He will obey as a child, but he yearns for the time when he will be grown-up and free to do as he pleases. Quite often when he reaches the age of emancipation, he will take advantage of his liberty and disobey all law, thinking that even this is a tyrant.

A child mind must be treated as a work of art. Every day we must impress upon it some actions

of good. We must always explain why good should be done and mischief should not be practiced. In other words, we must take pains in developing the young mind, rather than stuffing it with rules of "Do's" and "Don't's." We must not consider a child as a plaything or as an object of company or as something to occupy our spare time, but as a sacred gift, as a being that you have the privilege to mold into a perfect man or a miserable wretch. Have fixed in your mind the idea that a child will not always remain a child. He soon grows to be an adult; as Wordsworth says: "The child is the father of them."

TEACHING THE CHILD NOT TO LIE

Another bad habit mothers have is to lie to their children. They lie in two forms. One is by fooling them and by concealing the truth from reaching them. The other most poisonous and dastardly form is to teach the children to conceal the truth from their fathers. We often hear a mother say to her boy: "You will not tell that to father, will you, dear?" Here a piece of cake, or a cookie, or a piece of chocolate is offered the child to seal the bargain. Then a hug and a kiss, and she repeats again: "You won't tell that to father?" and she winks too.

Mothers little realize how these faults of theirs will bear bad results upon the future lives of their children. It is like sealing a contract between themselves and their children, accepting the facts that their children will become deceitful and liars.

I know mothers who will prattle and gossip before their little girls. Then they ask them not to tell what they hear from mother's lips. Out-

side of the fact that once in a while the child will tell, creating a disturbance, think of the deceitfulness they instill into their hearts!

When these children are grown-up girls they will compliment their mother with the fruit of her teachings. You may hear then the mother cry: "What will I do with Marion. I cannot ever induce her to tell me the truth. She has nothing but deceit for me, her very mother. Oh, won't somebody tell me what to do with that child!"

She will never think that perhaps, way back, ten years ago, she asked her child: "You will not tell this or that?" and if she did think of these incidents, would she kneel down with her face filled with shame, and exclaim: "God, what have I done!" No, she insists now in gossiping with her friends regarding her own daughter, "most incorrigible and deceitful girl," and she asks in sad tones: "What am I to do?"

I have never heard a mother blame herself for the evil results brought about by the carelessness of her education; she blames fate, or luck, or bad company. In fact, she blames everything outside of herself. This she never does because of ignorance.

Life to some mothers is a constant turmoil. They get up, prepare breakfast for their husbands, force some into the mouths of their young ones, go over their housework (meanwhile scolding and yelling at their children). Then they dress up and go to visit some friends or relatives. There they eat, gossip, and laugh, casting always amidst their joy, scolding to their children, or striking them and setting them roughly down to play.

Meanwhile they chat upon different subjects, their ailments being a favorite one, of which they talk as though they were almost the proud owners. When they have finished this delightful entertainment, they drag their children back home. There they begin to complain that they are tired, and, "Won't they please stop making noise?" With a few threats they quiet the young ones down. When anyone notices the particular unruliness of their children, they say: "Oh, well, they are going to school, and when they do, and they associate with other children, they will behave better."

This statement is ignorant as well as nonsensical. Mothers who neglect their duty and spoil their children cannot expect the school to do and undo her work. They must realize that the responsibility to prepare the child for school, and to help the school do its work, is theirs, and theirs only.

Teaching children to lie or to conceal the truth does not only confine the lying within the limits of their homes but gives them the habit of practicing lies and of being dishonorable.

I advise mothers to stay at home, to study and train themselves in the best methods of raising their children, rather than to waste their precious time going visiting. In the end they will be the gainers for this small sacrifice.

THE OVER-INDULGED CHILD

The over-indulged child is another sacrifice to the altar of mother's ignorance. A child who has had everything in his infancy, including his own way, will quite often turn out to be a helpless,

lonesome, miserable man. No one pities him. We call him "selfish" and we leave him alone. We seldom realize that the man has reached such a wretched condition because of an over-fond mother.

What did she do to him when a child? Nothing harmful, she thought. She covered him with caresses from baby-hood, and fed and over-fed him until she caused him many-a-time illness, during which period she held him in her arms, giving him the habit of being carried. He became a little prince, or rather the boss of the family. He directed them as to where he wanted to eat, the mother carrying the plate after him. He had a great deal to say where he wanted to go, the boys he wanted to play with, and the toys he wanted to buy. He liked to be amused all the time. Because when he was a baby the parents played with him until late in the evening, now he does not want to go to bed at all, insisting that his parents keep him company, that they lie awake with him until he is so tired that he falls asleep.

He is dressed in nice clothes, and even though his mother is not rich, she strives to buy the best clothes for her pampered darling. She sews and washes and irons all day for him. She makes herself a slave to that child. Reasoning with her does not bear much fruit. If a friend recommends to her that she should not work so hard, but let him wear overalls when playing, she becomes offended at such a suggestion.

I know a woman who washed for her daughter a great collection of lingerie which was beautifully embroidered and made by the mother's hand,

and the child wore it sliding down the banisters of the back stairs. She dressed her child better than the children of the wealthy. Her recreation was sewing and washing for that little girl. The mother died, leaving her child of twelve years to take care of the household. Can you imagine that youngster, who had never done any sort of work up to that time, being taken from the "never ending play with the girls" and being compelled to help her father keep house? Even if she is doing it, can you think of the sudden, tragic change fate has brought to her? She considers herself the most unfortunate child in the world, not particularly because she has lost her mother, but because she is compelled to do some work.

No one can tell you exactly of the struggles and sufferings that are placed upon the shoulders of both men and women who were over-indulged when young.

Do you ever hear weak and wailing young women complaining of their lot, of their house-work, or their ill health, of their children, of their husbands, in fact of everything. They cannot find any happiness in their lives. Why? Because they were over-indulged as children, because they were not taught self-reliance. In fact, their idea of life was given to them wrongly.

Life, which is work and health, struggle, persistence, patience, cheerfulness, was given to them under the idea that it would be a field of roses, instead they have found it to be a place of thorns.

Parents, however rich and powerful, cannot insure a happy and successful life for their children. All they can do is to endow them with the ele-

ments of happiness through proper education and correct teaching. A great many so-called millionaires have strived to accumulate millions for their children. They have worked hard to make money and to lavish all sorts of luxuries upon their young ones. What has been the result? Read the "Second Generation" of David Graham Phillips, and you will know.

The author here describes a family of father, mother, daughter and son. The father and mother were plain folks, as all the pioneers of our country were. Their home was also very plain. The father, who worked for the joy of working, happened to make a great deal of money. What was more proper for him to do, than to spend his money for the education of his children? He sent them to two fine and expensive colleges in the United States and allowed them all the money they wanted. After several years the son and daughter were graduated and came home to start their careers. Great was his chagrin when discovered that his children instead of being a comfort and help to him, were like a great turmoil in his house. Instead of being content they were finding fault with the plain habits of their parents and with their plain home. What grieved the father most, was that his son and daughter were sought in marriage by a brother and sister of worthless character and broken finances. This distressed him so that he was compelled to will his money and his property to an institution, leaving his children \$5000 each. After this painful action, he died. The brother and sister, who were to marry his children, ceased abruptly to care, and so, real-

izing what a great mistake they were making, they blessed their father for withholding their inheritance, and they buckled down to work and made a man and a woman out of themselves.

If fathers would not make so much money, how much better off their children would be! Some men have accumulated millions of dollars by being avaricious, and by paying their employees merely enough to keep body and soul together. Their wealth is all stored for their children, and when the latter reach the age in which they are supposed to do big things, friends and relatives looking upon them with great expectations, see them conduct themselves in a manner so contrary, as to greatly disappoint everybody's anticipations.

Many of these young people have not been taught the right way to live and to enjoy life, and when they are out of college, they often direct their steps to dissipation instead of inspiration.

It is my opinion that there should be a law that would decree millionaires not leave to each of their children more than \$20,000. In fact, that no man should earn more than \$20,000 a year.

If there was not the greed of money, this would be a better world. If each of us would do some work, no one would be overworked. If there were not millionaires, some of whom believe themselves almost equal to God, there would not be the curse of money attached to their children, who in the end pay for their father's avarice.

Schools and Universities may co-operate in making the character of children, but the best traits in them must be founded by their parents.

THRIFT AND NEATNESS

Pestalozzi, a Swiss educational reformer, who lived from 1746 to 1827, wrote among his books a little story entitled "Leonard and Gertrude." I do not think many of my readers are acquainted with this manual, although it was written by the author for the purpose of helping mothers educate their children.

The book deals with the happenings of a small village, so small that there was not even a school. Leonard and Gertrude are very poor, they have seven children, and live in one room. Gertrude, throughout her poverty, is a loving wife and mother, a charitable neighbor, and a thrifty housekeeper. By means of her persistent goodness and her humility, she succeeds in achieving a great many advantages for herself and for her family. She is the teacher of her own children; love, justice, order, prudence are her daily lessons. She let them spin yarn for several hours of the day, and she saves the money that they earn by this labor in separate packages, so that some day, each child might with its share, buy land.

Her success in thrift contradicts the idea held by many people, who say: "If you are poor, you will always remain poor." Many of our wage-earners assert: "You can never become rich by saving from your wages." These ideas that sound correct, are fundamentally wrong, because we know that back of every fortune there was a thrifty person.

We must keep clearly in our minds that the power to help us lies within ourselves. We should

impart first this remarkable principle to our children, then direct them to save in many ways, placing the money saved into a savings account. That account may some day enable the young man to obtain a college education, or to give him a start in business.

Children of the poor spend a considerable amount of pennies, nickles and dimes to buy candy, toys, and cheap trinkets. If these small coins were saved, it would surprise their parents to discover what a nice sum it would make. It has been said that the extravagance of the poor is appalling, that they spend more money and waste more food than the well-to-do. If children could be taught by their parents to save methodically, they would be spared some frightful experience in life.

I have known some brilliant young men who had good positions with large salaries, and who managed to spend it all with the help of their wives. In some instances the wife became sick. An expensive operation was necessary. The doctor demanded his money in advance. What else was there for the young man to do, but to go to a loan broker and indebt himself so badly as to cripple his future. His parents are to blame for this painful occurrence, because they did not teach him the principle of economy. They rather showed him by example how to spend all his income. His mother believed in having a good time, in buying what she wanted, in indulging in extravagances, often running into debts. And while society opened its arms to greet her, it knew that

she lived beyond her means, that she sailed under false colors and was cursed by debts.

Young men and young women should be taught the value of each dollar, the disastrous consequences of a mortgage, and that a little money laid aside is a great encouragement. They should be made to realize how appalling is old age when there is no investment made, no insurance issued, nothing but an empty purse.

NEATNESS—I consider neatness one of the great accomplishments of the young. Everybody likes people who keep their rooms in order and whose clothes are clean and in good condition. Neatness also makes more congenial the relation between man and wife. Children should be specially taught what their duties are during the day, to see that they hang their clothes in the right place, that they clear the mess they have made, and that they are trained in doing all the little things that keep the house in harmonious arrangement.

If no attention is given to the rules of neatness and order, there will be disappointment awaiting your children in later life.

GIVE CHILDREN A SOCIAL EDUCATION

I often wonder whether parents realize that their home is only a temporary sojourn for their children. After the years of adolescence are over, some of them leave home for college, others to be married, others might have to leave town in search of work. The length of time awarded parents for the education of their children is comparatively short. In this time they should avail

themselves of every moment and of every opportunity to accomplish their task. A part of this task is to teach them the ways of the world and to live harmoniously and successfully in society. Fathers because of their greater contact with people are inclined to educate their children as part of a mass, but mothers tend to individual education.

You often observe that a woman teaches her own child to do the things that will return to benefit him or his family. It does not occur to her that her son will become a man, that he will be thrown in contact with other people, with duties to perform towards them.

Before the son reaches his "twenties," she sees less and less of him. She wonders what keeps him interested outside of her home and she is at a loss to attract his confidence. By the time he is twenty, there is a gap between mother and son. This greatly surprises her. Going over the years spent with her child, she cannot trace anything but actions of love and gentle service on her side. She is sure she has given him every motherly attention which should have filled him with eternal gratitude for her. Instead she receives this unexpected, cold, and indifferent behavior.

The truth is that her son is acquainting himself with society, of which his mother taught him nothing. She failed to teach him as a child, his manners and obligations towards others, and now that he is brought in touch with people, he begins to feel a lack of knowledge in exercising these so-

cial duties. The service and attention received from his mother, diminish as he grows older. He realizes that she taught him nothing that would be valuable to him in the daily problems of life. He considers her a person to cook, to make beds, and to make the home comfortable. Outside of that she does not enter into his calculations.

Had she taught him to appreciate the good qualities of other people, to perform occasionally some loving action towards others, perhaps now as he meets the world, he would turn to her for consultation. But nothing could be further from his mind, because she lost the opportunity when he was a child, to impress him with her wisdom and foresight. Now her chance is gone forever, and she sees him slipping away from her home and influence.

Great is the number of mothers who teach their children to extend their love, their kindness, their respect, only to the immediate members of their family. For others they have not a kind word. Children brought up thus will also tend to be conceited, friendless and lonely.

When a mother says to her daughter: "Oh, leave those girls alone, I do not like them, and I do not want you to have anything to do with them," she does not realize the injury she does her daughter. She places her under the command of her unreasonable whim. She casts a general depreciation upon her daughter's companions. Some of them are quite often splendid characters. She deprives her daughter of that mutual friendship, that understanding, that com-

panionship which is so necessary to girls. Instead of her using deprecating language, she should take the pains to adjust herself to the company of youth, giving her daughter all the advantages of an early social education.

Deprecating language! Here I think of the many mothers who habitually gossip about relatives and friends in the presence of their young daughters so that at an early age these girls are able to skillfully criticize and backbite.—Only few mothers know that this trait is detrimental to a young girl's character; that being free of gossip is the chief charm of a young girl.

Mothers should tend to cultivate in their daughters love for their friends and relatives. This would prove to be the best means to develop affections more durable and substantial: A love for life, for people, for things; a love for the ties of blood. By keeping their girls segregated from others and close to them, believing this practice increases motherly love, they will find a great disappointment, for when their girls grow up, they will instinctively slacken in their affection and fall victim of a vehement love for an unworthy young man. Too late for mothers to repent or to retract their steps; their jealousy has had its retribution, their selfish method of education has brought misery to themselves and to their daughters.

In raising children mothers should shun selfish motives, but insist in teaching justice and the warmth of love. Their reward will be fine, wholesome, loving children.

GRATITUDE

Gratitude must be developed and cultivated in a child by his mother; it is a part of the social education.

When we give something to a child, his mother asks him, "What do you say?" "Thank you," answers the child. This seals the bargain. Mothers think that by teaching their children to say thoughtlessly that "thank you" they have fulfilled their duty. These words which are repeated like a parrot, do not convey the intended result, that of developing the sentiment of gratitude.

The child should be trained to feel a grateful sentiment. If the gift was given to him by an aunt or an uncle, direct the child to think that these people are not in duty bound to give him anything, that therefore he should be appreciative of their gift. Let him notice that his aunt or uncle could have spent that money in their own personal use, but they chose to sacrifice their wants in order to make him happy. After you have explained to him to be appreciative, then ask him to thank them. You will notice that he will possess the real feeling as he says "Thank you."

"Leonard and Gertrude" gives us the best example of how to teach children to be grateful. When their father received a better position, she told them to thank the Lord that from now on, instead of plain bread, they may have some cooked food for their dinner. The action of thanking the Lord for this benefit, is the best way to train children to feel gratitude.

On another occasion when a rich man performed many acts of goodness to uplift the condition of their village, her children with others, marched in mass, all dressed in their best clothes, to thank their benefactor. The effect of this infantile gratitude upon the rich man was indescribable. He was sitting gloomily in his palace, thinking that he had meddled in the affairs of these people, but when he saw the children approach to thank him, he felt happy and encouraged to do more for them.

Mothers should not omit occasionally to call their children's attention to the sacrifices that their fathers make for them; to those that she makes herself. She should not let them accept the years of love and care, of toil and privation as a matter of fact, nor let them remain under the impression that parents exist merely for the purpose of waiting on their children.

And going back to aunts and uncles, I must cite here how often one sees children showing costly gifts, remarking with indifference: "My uncle gave it to me." No appreciation is attached to this remark, which sounds like he thought his uncle took some money for which he had no need and bought the gift for him. His mother failed to teach him gratitude for the gift of the uncle because she does not like him and in this way she thinks to scorn him, but instead the scorn falls upon her beloved child, because ingratitude shall leave its mark upon him. He will grow up with an unappreciative, indifferent, and selfish disposition.

And if he is unappreciative of the gifts that friends and relatives bestow upon him, how less appreciative he will be of the gifts and cares he receives from his parents.

In other cases I have heard a mother say to her daughter: "You must not go to your aunt's house, for she gives you a good time, and we never hear the end of it." These few capricious words uttered by the mother do not help in the building of a fine character in her daughter. She should instead have said words of this sort: "You must do something in return to your aunt for her kindness; you know she likes flowers, why not pick some lilacs from the bush and bring them to her?" This suggestion would help to develop gratitude.

I shall remark here that a great many mothers teach their children to dislike their grandmothers, aunts, and cousins. This they do for a specific feeling of jealousy. I do hope they shall never forget that neglect and indifference taught towards relatives shall fall upon themselves. Besides those relatives that they teach their children to despise are not always unworthy people, for I have known women who have begged and borrowed bread for their brothers, who have endured the dishonor of their prosecution, the shame of their imprisonment, they have stood by them patiently and helpfully through these periods, but when their brothers had children, (who naturally did not know of their father's calamities) their first care was to teach to dislike that very aunt who had endured their shame in the years gone by.

And when the time will come that these children will have to suffer, not for their father's sins, but for their defective education, it will be up to this very aunt, if she is living, to help and comfort them.

Parents should keep constantly in their minds the welfare of their children. To this purpose they must promote love and gratitude throughout their education and repress unworthy ambitions, petty quarrels, malice, cruelty and envy.

CONSIDERATION

Consideration is another excellent quality to be inculcated into children's hearts. The first step to take in establishing this characteristic is to teach children to consider the impressions that their actions create upon others. Teach them also to consider the feelings of their neighbors, and while you can leave them free to come in and out of the house or the apartment where they live, you should train them to be cautious in not making any noise which might disturb others. If children would be taught thus, we would end that eternal struggle raging in nearly every apartment house where people with children, believing them entitled to run up and down as they please, cast every possible remark against those who seek quietness, while those without any children are at a loss to let the others understand that they are not influenced by animosity when they requested silence, but by a pure and just desire to live in calm.

Direct your children to cultivate a pleasant, tranquil, peaceful demeanor, and explain to them

that in this manner they can have as good a time as by being loud and noisy.

Not long ago I met a young lady who tearfully complained of not being able to sleep at night because of boisterous neighbors. The girl was not quite twenty. That made me think: How many of these children, who now find pleasure in playing blatantly, will soon grow up. Some of them might suffer of insomnia, some would like to be quiet in order to study, and none will find any mercy from the small children who like to play vociferously.

Teaching youngsters not to disturb their neighbors is a part of the social education, which should be established by mothers. Any efforts they exert toward this aim will bring beneficial gifts to their children, the neglect of this obligation will bring discomfort and unhappiness to them.

Another good opportunity to teach a child consideration is in the public railways, where often women secure comfortable seats for their precious ones, and when they see an aged person standing by, they will not disturb their little ones to accommodate age. I believe that they should take advantage of this little incident to teach their children courtesy to older people.

Great many have no consideration for their servants because their parents failed to teach them this duty.

Consideration is the first distinction of a gentleman, and if you want your children to be ladies and gentlemen, you cannot afford to lose the opportunity to educate them to it.

JUSTICE

Justice is one of the fundamental principles that rule the world. Its emblem is a woman who holds in one hand a scale, in the other a lighted torch. The scale means equanimity, the lighted torch means the enlightenment that we need to discern righteousness.

The opinions of various philosophers differ as regards the child's instinct of justice. Some of them believe that the child is born with a sense of justice, others, that he is born cruel and inclined to injustice, while others will state that the child is born neither bad nor good, but that he becomes what we make of him.

I have no comment to offer upon these various ideas, but at all events, it is safe for parents to direct their children, from infancy, to know and to obey the laws of justice. To accomplish this, they need not sit up and lecture them, but take advantage to turn some of the everyday happenings into lessons of justice.

I shall divide these lessons into three parts: Justice between parents and child; justice among children, and justice between children and other people with whom they may come in contact.

In order to cite the best example that will illustrate justice between parent and child, I shall take the idea contained in Herbert Spencer's "Moral Education."

Your boy soils his clothes with mud, make him clean them. He tears his trousers, let him mend them, and compel him to wear his mended clothes,

or let him stay at home instead of going out. Do not resort to the old method of beating him, and when he has cried, you, believing him punished enough, will clean his clothes or buy new ones for those he has torn. Thus you are the sufferer of his bad actions, while in his eye you are the tyrannical parent for having beaten him. By letting him suffer the natural consequence of his actions, leaving him unbeaten, nothing appears to him more just than to submit to his punishment at his own expense.

To teach children justice among themselves, take as example a brother who quite often quarrels with his sister. The boy will break his sister's toys. Do not beat him, but let him understand that it is only just a new toy should be bought out of his allowance. When he has been deprived of his money, he will be more careful in handling his sister's toys.

The action of whipping the boy first and of buying the toy afterwards, with your money, is not a just nor a serious enough punishment to make him desist from breaking his sister's toys again. Thus the parent assumes the punishment by spending his money, and irritates the boy's feelings by beating him.

Children should recognize clearly the justice of their penalties, which should be applied to them evenly. The worst thing that parents can do is to apply a punishment for one of the misdeeds of their children, and to let the same action go unpunished at another time.

Another important point is to teach children the beauty, as well as the necessity of loving one

another. Parents should never rest easy until they have destroyed, by example and by morals, that childish enmity which often exists amongst their offsprings.

The third part of the problem is to teach children justice between themselves and other people with whom they may come in contact. The housemaid furnishes us a fine example for this lesson. Some children are left at liberty to torment in many ways this poor woman, and when she would complain to her mistress, all the latter would say to her children is: "Are you going to stop?" or "Stop that, do you hear?" Of course, the child hears, but these few words cannot prevail upon the pleasure that his barbarous instinct takes in tormenting the maid, and he persists in his mischevous conduct until the maid is compelled to leave. To this catastrophe the mother would state in the presence of her children: "She left us because she could not stand the children, who liked to tease her." And so she closes the episode.

I believe that at the first complaint she received from the maid, she should have called her children, and after outlining to them, that what seemed to amuse them, displeases others, she would ask how would they like to be in the maid's position. "It is hard enough for the poor woman to make a living by working and waiting on others, but to be maltreated by the very people whom she tries to make comfortable, is too much to bear." She should also explain that the maid is a person of flesh and blood, the same as they are. How would they like to work under the

same conditions and to be beaten by other children. Finally, she should impress them with the fact that only brutes take pleasure in mistreating others, that children who expect to grow up well educated should endeavor to make life pleasanter for others, not miserable. She should not omit to say that by committing these unjust actions they offend the law of justice, which is certain to deal back her blows. In other words, "that which we do to others, will be done to ourselves."

And what shall we say of the little boy who comes to his mother from the grocer, with a few coins in his hand, saying, "Look, mother, I cheated him. I will buy ice cream with this money." The mother looks rather pleased at the cleverness of her son. She thinks: "Well, we are poor, and these few cents will not make any difference in the grocer's finances."

Her little girl will come sometime from the house of a neighbor with a handkerchief or a trinket of some sort hidden in her body. Boldly she shows it to her mother. The latter is either pleased, or else she might say: "What did you do that for?" It does not occur to her that the best thing she can do for her children is to incite them to the restitution of the articles stolen, and to explain that the grave danger of picking up these little things lies in the habit they will form of taking things from people, which is considered dishonorable and for which jail is the penalty. She should describe to them the terror of the prison, tell them that many people who are there accused of theft commenced their careers by stealing, at first, little things.

Finally, she should point out how blessed is the man who has gone through life without offending the laws of Justice, who can enjoy freedom, who is in no danger of being caught and put into prison; and who turns the energy of his mind in uplifting his condition by brave and intelligent work, rather than in scheming how to obtain money by fraud and by theft.

MODERATION

Moderation too must be considered, moderation in food, in clothes and other things. A child should not be permitted to have too many clothes. He should be taught to keep clean and to wear his clothes as they need be. Let him know that there are children who have no clothes at all. This will temper his impulses to change extravagantly his own apparel.

Another important phase of a child's moderation is food, and if anyone succeeds in controlling his child from over-eating, he has taught him a great deal, because it has been said that a man who knows where to stop eating will be able to control his other appetites.

CHARITY

Charity is the most commendable of all virtues. I do not mean by charity "alms-giving," but I mean that excellent impulse that often directs us to help others. While bread giving and clothes giving is a kind of charity, that is not the best kind. The best kind of charity is that which enables others to help themselves, to free others from poverty or from slavery to vices.

“Gertrude” taught her children to do both. One day she announced to them that from now on they will be able to have a cooked supper at night, and would they not like to give their afternoon bread to some poor child. Her children answered in chorus that they would. So each of them gave their bread to various poor children who were in fact starving.

After this action, Gertrude leads her children to a better charity. She visited, therefore, the children of her poor neighbor who had lost their mother and who were dirty and neglected. She invited them to her home to witness her own children spinning. The little visitors felt the sense of well being when they found themselves in a nice, clean, orderly room where many youngsters were laboring industriously. The first thing they asked was to be taught to spin. Gertrude said she would do that willingly, and to that effect she asked them to come the next day. She taught them how to keep clean, how to brush and comb their hair, how to spin, and so she enabled them to begin to earn money.

Charity ought to be done with our hearts and soul. To throw a nickel or a sandwich to a poor man is a meager kind of charity. We should keep doing good without any special effort, as a matter of course, as chance brings us in contact with many opportunities in which we can improve the condition of others.

And when your position has changed for the better, when your husband has made more money, when you have been able to move into a more pleasant and larger house, do not employ your

energy or direct the attitude of your mind only to beautify your place, to seek new and richer friends, or to become prouder of your position, but like "Gertrude" teach your children to thank first the Lord for His gift, then give part of your time to help making others happy, thus you might impress your family with the everlasting example that goodness shall excel vanity. Do not forget that the house built upon vanity has unsteady foundations.

CONTENTMENT AND HAPPINESS

I have outlined a great many precepts and principles that would tend to make our education safer, but without the habit of happiness and contentment, we will have an incomplete result, for one might have succeeded in imparting to her children the various and best knowledge of education. Still, if one forgets the last part will fail to accomplish the task.

Happiness is a state of mind, not a pursuit. Someone has defined happiness as being the result of honesty and truthfulness, but I insist that happiness must be taught and made a habit with children. How is this to be accomplished?

One method is to call the child's attention to the various gifts he receives from God, and teach him to be thankful.

Another, is by destroying in him self-pity. A child that is disposed to be unhappy will use as a pretext his poverty. "He has no nice clothes; his home has only broken furniture; his food is plain." A wise mother should direct this state of mind into thankfulness for the things he possesses.

She should say to him: "Charlie, what a beautiful bright day this is. Let's thank God for having enabled us to live through it. Thank God also that you have your mother and father to shelter and protect you. Think of the poor orphans living on charity, passed from one orphanage to another, deprived of many privileges that you still enjoy. Thank God also that we are able to get food, however plain, for I know so many poor people who have nothing at all to eat and they are compelled to go to the alms-house. And thank God for our health. Should you go to visit the sick at the various hospitals, you would be surprised at the large number you would find there." This sense of thankfulness for the things we have, is the first step to establish in the hearts of children the habit of contentment.

Another sure way to combat unhappiness is by combating self-pity. Self-pity is our worst enemy. It is born by self-love.

Let us stop enumerating the ill treatment received by fate, but stand up and overcome it, for we are the only ones who can work out our own salvation. Talking of our trouble to others is a waste of time because no one ever moves to help self-pitying people, but everybody will give a helping hand to the man who is willing to help himself.

Point out to your children the hideousness of self-pity, with its destructure claws, and build instead contentment. Then teach them to assume the habit of being happy for happiness' sake. No special amount of money is necessary to accomplish this task, no fixed income, no new clothes.

To illustrate that this is true, let's go back to the plain room where Gertrude and her seven children made their home. You remember how she summoned them to thank the Lord because they could have a cooked supper, and you remember how the children responded cheerfully and how they prayed happily.

Stimulate your children to happiness through every little circumstance of life, until you feel their bosoms expanding with the joy of living. Teach children to keep smiling, for no one likes a grouch. Teach them that they should be happy when they have accomplished their duties, when they have spoken the truth, when their actions have been correct, and finally, when they have made other people happy.

The best moral endowment you can give to your children is to exert them constantly to be happy and contented with their position in life, for even though some day they might be rich and healthy, they will not enjoy life, for they did not acquire during childhood the habit of being happy.

SELF-RIGHTEOUSNESS

Children should be taught to submit their ideas to their parents or to their elders. The habit that our youngsters have to debate in support of their own wishes, and to vehemently uphold their ideas against their mother's advice, resulting in being allowed their own way, will surely bring them to suffer sad and ruinous consequences. These children believe their conception to be right, and it is the duty of their parents to patiently correct and to combat their stubborn impression as soon

as they appear. This should be done by explaining that "life is a succession of lessons which must be lived to be understood," that if each man at forty could start life again with the experience he possesses, things would be easier for him. Therefore children should take advantage of their parents' knowledge and subject their desires to their enlightenment. By following this attitude they will be spared many handicaps, humiliation and sorrows.

Moreover, a child who is allowed to believe he is right, will develop gradually self-righteousness, which will have worse effects on him as he grows older, when he will live under the impression that only his actions are correct, and everybody else around him acts wrongly; he may also entertain the idea that the world is going to the devil; these views create discontent and misery within the mind that harbors them.

HEALTH

To raise healthy children is not difficult if one can keep far away the foes of health, which are: over-eating, fear, and worry.

A great many physicians have proved that the major part of diseases are caused by over-eating. One notices quite often children being fed with eggs, milk, and other foods, until they are almost stuffed. For this reason they cannot enjoy a good digestion and the food taken, instead of being transformed into blood, decays into their bowels, often causing fever.

It is a general habit of mothers to compel their children to eat when they are not hungry, think-

ing perhaps that in so doing they will grow to be strong and healthy. This is a mistake. We all know that a child is quite a little animal and that when his body requires wood, he will ask for it. Plain food should be administered to children in small quantities, asking them to eat slowly and to chew well. Mix happiness and contentment with it and you will have husky, strong, healthy children.

Another key to health is the banishing from our mind of fear—fear of ailments, fear of poverty, fear of people. Fear subjects the human body to disease. “That which you feared befell you.”

The third enemy of health is worry. To teach children how to keep free from worry during their lives is not an easy task. The lives of young people are subject to many worries. A mother always worries, and a great many people never stop worrying until they are about fifty years old, when they have learned, by their own experience, the futility of worrying, plus the damage caused by worry to their health, to their minds, and their finances.

You notice occasionally how a mother-in-law who is past fifty or sixty, and who, at that age has stopped worrying, will torment her daughter-in-law in many ways, with the only purpose to impair the happiness of her honeymoon and to harass her. Even though she may be a clever girl, she is not aware of the older woman's strategem, and she does worry. At first her happiness is marred, then her health is affected, and finally her mind is weakened. She makes a mess of her affairs and loses her money and her health. To

this catastrophe the mother-in-law will repeatedly state that she had no hand in her daughter-in-law's affairs and that she never did her any harm, but deep in her heart she knew from the time she met her, that she could be easily fretted, and she kept persecuting her with her worrisome program.

Had the daughter-in-law been trained from childhood against the effects of worry, she would have made light of the old lady's program and would have been able to save herself from its ruinous consequences.

Children should be taught and trained by their mothers never to worry—to look into the future always hopefully and serenely. The minute they let worry take hold of them, they will lose the light that directs them to the right path. By looking at destiny straight and fearlessly, by keeping cheerful and smiling, they are apt to be directed to happier and healthier ways.

Over-eating, fear, and worry should be eliminated from the lives of the young, not merely by avoiding them, but by constant teaching, parents should illustrate to their offsprings the grave effects brought about by these three habits.

SUGGESTION FOR TRAINING OLDER CHILDREN

What shall those mothers do whose boys and girls are already in their "teens" and who can not take advantage of the elementary teachings given in this book.

A mother's program to influence and improve the character of her children, is extensive and con-

tinuous, and I shall here make the suggestion of a few precepts which are of vital importance.

First, be happy. Dismiss from your mind cares and worries, try to think of happy events, teach your children to keep a happy demeanor, exhort them to happy thoughts, to happy and good deeds. Impress them with the fact that the source of happiness is to be found within ourselves, and not without. If you let them believe that money, clothes, amusement or friends shall make them happy, they will always be dependent on these external circumstances; by teaching instead that happiness is a source within ourselves, consisting in the peace of mind and contentment of soul, they may have or they may lose their earthly possessions, but they will always be rich in that which nobody can take away from them: the perpetual spring of happiness.

Second, do not think or talk of ailments. Remember that ailments are the outcome of temper, of hate, or over-eating, of immoderation. If you ever become sick, take good care of yourself, after you are healed see into which of these faults you had fallen, and be very careful that your children shall profit by your experience.

Third, banish from life anger, jealousy, envy. The outcome of these three vices keeps humanity in perpetual misery. I have spoken extensively of the sad effects of temper, I shall now illustrate how to guard your offsprings from becoming jealous and envious.—When a friend or a relative leaves your home, do not start to relate all the little incidents that irritate and provoke you, do

not tear to shreds her character, nor make fun of her manners. That will show a certain vulgarity in you, while it educates children to dislike and to hate people, leading finally to the tendency of making enemies. You should outline instead the good quality of this person as well as the good things she did and said. This method builds in your children's hearts the habit of loving and respecting others; out of this virtue many benefits will come.

Lastly give your children every loving care but do not be over-solicitous in extending diffusively your service. Remember the more attention you give them, the least appreciation you will receive. As they grow up you should teach them to wait on themselves, educating them to self-reliance rather than to pitiful dependence on others. Your daily program should contain lessons of love for yourself, for their father, for brother and sister, and for mankind. I have seen mothers and fathers work, slave, submit to great sacrifices for the sake of enhancing the position of their children, yet when these became older, they had little if any regard for their parents. This happened because they forget to teach love for themselves with the service they had given. Other parents forgot to teach love between brother and sister with the result that while either did services and sacrifices for one another when they were in the same family, they grew indifferent and cruel to each other when they were older and lived apart.

Many children are taught to be courteous only to people whom they like. This is a bad tendency

and should be supplanted by teaching them to love and respect those with whom they come in contact every day.

The most excellent endowment you can leave your children is to teach them "Love thy neighbor as thyself."

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